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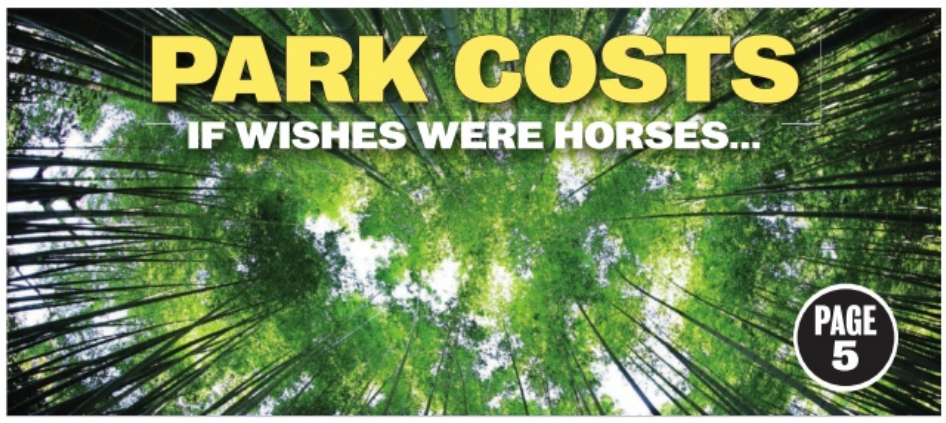
Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 76% Generally cloudy sky with rain Sensex 52,907 | Nifty 15,752 | Gold 51,950 | Silver 57,800 | Dollar 78.95 | Euro 82.34 | GBP 95.57



Every morning unused underpass transforms into training arena for young roller skaters

IT'S A LONG WAY TO THE TOP IF YOU WANNA ROCK 'N' ROLL

Coach Srinivas trains about 15 children

PIC: KAUSHIK JN

| Kaushik.JN
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TWEETS @BangaloreMIRROR

A blocked underpass lying unused along the long-delayed signal-free corridor under construction on Chord Road has become a spot for children to train in roller skating. About 15 children along with their coach practise skating here early in the morning.

Near the blocked underpass at the Toll Gate Junction, there are around 50 wedding venues, 10 schools, a few colleges and hospitals. It is also the important intersection of Chord Road and Magadi Road.

Due to the construction of a flyover to make the signal-free corridor on Chord Road, which is around 9 km long, the underpass has been lying unused now for about five years. It has been misused by miscreants, which has made frequenting the place a terrifying experience for the residents. However, the roller skating coach, who found the spot to teach kids skating, has made the best use of the area.

The coach conducts one-hour sessions twice a day. He arrives at the place, sweeps the dirt and broken glasses alongside other litter.

> **"We used to practise at the stadium; but for the past 3 years, we've trained here. This helped me skate on hard surfaces.**
> — Samarth Sajjan, gold medalist

CONTINUED ON PAGE 8 »

Godspeed, EV Man

Volunteer on electric vehicle helps accident victims with first aid, emergency medical care

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Every year, so many lives are lost to road accidents, especially of those who were unable to receive first aid or medical care in time.

Many of us have been silent spectators to such incidents but not BP Nataraj, who runs a mobile EV ambulance service.

Fifty nine-year-old Nataraj runs the RHTF Foundation that has started an initiative to reach accident spots on his EV.

Like godsend help, he rushes to the spot and provides first aid. If needed, the victims are transported to nearby hospitals. After admitting victims to the hospital, Nataraj also pays for the initial round of expenses while informing relatives.

Recounting his decision to start the initiative, he said, "Once I was in Navarang Circle when I witnessed an accident. For about 20 minutes, no help came and finally an auto-driver took the victim to the hospital. At the time, I realised there was a need to provide service in the area."

Well connected with officials and police stations, Nataraj gets information about accident cases from all around the city. Immediately after receiving the information, he rushes to the spot in his white EV with red stripes. As a result, accident victims get much needed help and precious lives are saved in the process.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Hop on the K train

All the K-pop fans, save the date as Orion Mall in association with KOTRA Bengaluru presents Korea Fair in Bengaluru 2022. Explore Korean cuisine and culture, shop for exciting Korean products, and watch fascinating performances like K-pop flashmob, taekwondo and traditional Samul nori drums. **When: July 6 to 10, 10 am -10 pm**
Where: Orion Mall; Ticket: Free

02 It's the time to disco

We have the perfect weekend plan for disco lovers. Stalvart John, Hamza Rahimtula , Sourfunk, and Yumvee will be performing to make the show an unforgettable one.
When: July 9, 8:30 pm onwards
Where: Indiranagar SOCIAL; Ticket: Insider.in

03 Live Laugh Laugh!

All the city's funniest comedians are under one roof, don't miss it if you are looking for a night full of laughter and great food.
When: July 8-10, 8 pm onwards
Where: Tilt Bar Republic
Tickets: bookmyshow.com

Learning during covid: What's the real picture?

Report by Performance Grading Index says education in Karnataka has improved in recent years but educationists are not so sure

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Educationists in the state have disagreed with the findings of a report by the Performance Grading Index (PGI) which is a tool to provide insights on the status of school education in states and union territories.

A major purpose of the PGI is the creation of an environment that would nudge each state or UT to improve its performance continuously. The report for the years 2019-20 shows that Karnataka has shown an improvement of almost 5-10 per cent compared to the previous years and received an overall score ranging between 801-850. However, educationalists feel that this positive picture is different from the ground reality.

General Secretary of The Associated Managements of Primary and Secondary Schools in Karnataka (KAMS) Shashi Kumar D said, "It is very unclear which are the samples that the report has taken to come up with this survey. Even though it is saying that the state has shown an improvement, the indexes are unclear. The ground reality is completely different. The quality of education among children has deteriorated; lesser number of children are being educated now." Niranjan Aradhya VP, a developmental educationalist, added that the report starts on the wrong premise as they stress upon bringing uniformity which is difficult as there are different schools such as ICSE, CBSE, etc. These schools differ in curriculum and there is also a difference in infrastructure for different schools.

According to him, in the last 12 years, only 23.3 per cent of schools in Karnataka comply with provisions of the Right to Education (RTE) Act such as basic facilities in terms of learnis-support materials, sports, etc.

"When that is the case, the improvement that we are talking about has to be taken with a pinch of salt. If one looks at the other reports, especially during the time of covid, the learning deprivation was very high."

He added that the Performance Grade Index was based on secondary data. There are other studies conducted by different groups and academic institutions and they showed different data regarding the same scenario in the state. "If one looks at what is happening at the ground level, he/she will realise that the performance of children is very poor. Children are physically in Grade four but academically, they should be in Grade two. Hence, a lot more needs to be done for school education in Karnataka," he said.

PGI was based on secondary data. Studies conducted by other groups show different data for the same scenario in the state

> **"The ground reality is completely different. The equality of education among chidren has deteriorated.**
> – Shashi Kumar D, General Secretary, KAMS

K-CET likely to be a pan-India test

Common entrance tests at national level will ease pressure on students

Karnataka Common Entrance Test (K-CET) is conducted in the State for admitting students to courses in the state's engineering colleges. However, the K-CET may become a pan-India test with tests happening at many centres across the country simultaneously to keep the private colleges in good books.

Higher Education Minister Dr CN Ashwathnarayan said, "All the private universities in the state are presently conducting separate and multiple entrance exams to fill up their management quota engineering seats, which is resulting in hardships for the students. Accordingly, if all the private educational institutions agree, the government is ready to conduct the Common Entrance Test (CET) at the national level from the Karnataka Examinations Authority."

He recently held a meeting with chancellors, vice-chancellors, and registrars of all the private educational institutions of the state having engineering courses recently. Ashwathnarayan said, "The government quota engineering seats in private institutions are filled based on the state CET rank. Yet, 60 per cent of management seats are being filled by deemed varsities or private institutes via a separate entrance test. These separate tests are causing stress to the students. In addition to this, the Supreme Court has also shared its opinion that only one CET should be done. Accordingly, the minister also suggested the same."

The draft of the new Universities Act has been released to the public

Acknowledging this Prof. Jawahar, Chancellor of PES University, said that since Karnataka Education Authority (KEA) does not conduct national-level examinations, we have made a separate arrangement for CET. They have no objection to conducting one CET at the national level by KEA itself. However, the minister suggested that it would be better if all the universities consulted on this matter before drawing a suitable conclusion.

The Minister also directed the Higher Education Department's Principal Secretary V Rashmi Mahesh to hold separate meetings shortly regarding the same. During the meeting, Complaints were received about a few universities charging additional fees for government quota seats, and the minister warned that such unethical practices should be prohibited under any circumstances. The draft of the comprehensive new Universities Act has been released to the public by the government. The minister said that he would study it comprehensively and provide suggestions if there are any.

Earlier, the state government had announced the merging of the Consortium of Medical Engineering and Dental Colleges of Karnataka (COMED-K) entrance test with the Karnataka Common Entrance Test (K-CET). However, COMED-K refused to be part of the K-CET conducted test in the future.

— Navya M

Whose task force is it anyway?

Activists complain to CM that Bangalore Metropolitan Task Force has forsaken its original task to become mediator between developers and land owners

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KAUSHIK JN

When the Bangalore Metropolitan Task Force (BMTF) came into being, its mission was to ensure delivery of the highest quality public service. However, this entity seems to be in the midst of an identity crisis as of now. Now a complaint against this force has landed on Chief Minister Basavaraj Bommai's table too.

Activists allege that the BMTF has become another police station where cops are eager to mediate illegally in civil disputes. They said that BMTF officials, instead of discharging duties assigned to them, are working as mediators between land developers and land owners.

BH Veeresha, Trustee of Mahithi Hakku Adhyayana Kendra, has complained to the Chief Minister, State Chief Secretary, Additional Chief Secretary of Urban Development Department and BBMP Chief Commissioner urging them to review the functioning of the BMTF.

"We invite your kind attention to the letter cited under reference wherein the Additional Director General of Police, BMTF, Bengaluru has sought additional powers which includes action against illegal buildings constructed in violation of Sanction Plan and Building Bye Laws," said Veeresh in the complaint.

Plaint missive

It is said the Additional Director General of Police, BMTF, wrote a letter to the Additional Chief Secretary of Urban Development Department on August 27, 2021 seeking more powers to the BMTF.

Veeresha in the complaint stated that the BMTF has been constituted with an objective of protection of Government properties, BBMP, BDA and BWSSB properties. He stated that the BMTF was also given powers to register cases relating to loss of revenue and leakage of revenue. "However it is now observed that the majority of cases registered relate to illegal water connection and nonpayment of pro rata charges for securing water and sewage connections. But only complaints filed by Gazetted Officers are being registered in the Police Station of BMTF and whereas complaints received from the general public are not being properly investigated by them. It is informed that they had no suo moto power to register cases of encroachment of government lands including lakes and storm water drains," he said.

He said that it is also observed that some lower level police officers are visiting the offices of the builders and collecting records from them for initiating action against building by-law with an ulterior motive of harassing them. "Initiating action against building bye law violations is the responsibility of the Assistant Engineers and Assistant Executive Engineers of the Sub Division. Any complaints relating to building bye law violations are to be inquired by the higher officers including the Joint Commissioners and Zonal Commissioners. However it is observed that the BBMP officials have completely failed in their responsibility in initiating action against building bye law violations. In the above context, the BMTF had sought additional powers in this regard," he said.

> **"Initiating action against building bye law violations is the responsibility of the AE and AEE of the sub division. Any complaints relating to building by-law violations are to be inquired by the higher officers**

It is said that there is no transparency in the functioning of BMTF and it is not advisable to restore the powers of initiating action against building bye law violations to them. "Further technically they are not competent enough to conduct enquiries and initiate action. Building by-law violation is not a criminal offence. Hence BMTF's proposal is not maintainable," he said.

What's the use of it

Coming down heavily on the BMTF for its inefficiency, Sai Datta, a social activist, said that it would be better to shut it down, if its officials are not able to prosecute people who occupied the government land illegally. Expressing a similar opinion, Ravi Krishna Reddy of Karnataka Rashtra Samithi said there was no difference between the BMTF police station and any other law and order police station.

Venkatesh HM, a social activist, said that the government must initiate a thorough probe into the moveable and immovable properties of BMTF's serving and retired officials. "The BMTF officials are responsible for encroachment of BBMP properties," he said.

The BMTF Superintendent remained unavailable for comments.

'Ensure Tricolour is hoisted at every house in August'

Karnataka Higher Education Minister CN Ashwath Narayan on Sunday said a circular has been issued ordering all higher educational institutions, and those under the Department of Collegiate and Technical Education (DCTE) to ensure success of 'Har Ghar Tiranga', a campaign to hoist the national tricolour in every household in August to mark 75-years of Independence.

The Centre's campaign calls for hoisting the national flag at every household from August 11 to 17 to mark the 'Amrit Mahotsav' of Indian Independence. Narayan urged all colleges and institutions coming under the purview of the universities in the state and government/aided/unaided colleges under DCTE including diploma colleges to exhibit their national pride by hoisting the tricolour, his office said in a statement. **PTI**

DKS for collective leadership, says no to personality cult

Amid attempts to project Siddaramaiah as the Congress' chief ministerial candidate in Karnataka for the 2023 assembly polls, another aspirant for the post and state unit president DK Shivakumar on Sunday asserted about collective leadership, and said he has no respect for personality cult in the party. Claiming his commitment to the Congress to be unparalleled, by pointing out that he had not voiced any dissent when he was not inducted into the ministry in the past, Shivakumar said the party under him despite not being in power has gained the grounds that it had lost while in power. "Rahul Gandhi has said and the party has decided that we will face the election (assembly) under the collective leadership. I'm saying it as the party president," Shivakumar told reporters here in response to a question. **PTI**

Can't find culprit, will penalise victim

BBMP plans to penalise vacant site owners if waste is dumped there

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If vacant sites are turning into garbage dumps, then the owner will face music. The Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to penalise the owners of vacant sites if the plot is not cleared. BBMP's Special Commissioner (Solid Waste Management) Harish Kumar said, "Site owners should ensure that there is no garbage on their sites. If we find garbage, then we will penalise Rs 2 per square feet. However, if this happens for the third time, we will book cases against the owner. The fine will be added to the property tax."

However, this proposal has received only mixed responses. Suresh R, a resident of Peenya, said, "It is a good move that plot owners will be asked to clear the premises. I stay on the outskirts and there are many vacant plots next to my home. These plots have turned into garbage dumps and the neighbours are suffering. We hope that the owner will now take this seriously and clear the garbage."

But some like Renuka F, a home maker, wonder if this move is fair. She said, "Why should house owners be penalised for someone else's mistake? I have seen that many people who want to throw garbage just find these vacant spots. How is the owner responsible for someone else's mistake? In fact, the BBMP should be penalised for not ensuring door-to-door collection so that people are searching for vacant spots to throw garbage."

Lakshmeesha S, a businessman, said that he had to change his house in which he lived for decades because the vacant land next to his house had turned into a garbage dump. "I have spent sleepless nights trying to create awareness and even warn people against throwing garbage there. But, people would only question me and tell me I don't have any right."

Plastic out

Meanwhile, BBMP is pinning its hopes on the plastic ban. Kumar said, "So far, we could not effectively implement the plastic ban as there was steady supply from other states. Till now, states had different rules and so plastic was being transported here despite there being a ban in Bengaluru long back. Now, with a pan-India ban, we hope that we won't get any supply."

According to him the first step to reduce usage of plastic is to stop supply of raw materials for plastic production. "Then we need to stop production and finally reduce the demand for plastic by making viable alternatives."

He said that the BBMP was finding it tough to stop plastic as there was a lot of resistance. Though BBMP is taking up raids against traders who are selling plastic, many are opposing it. The traders allege that their customers are not bringing bags from homes and demand the products in plastic. As the traders or sellers are scared of losing business, they are illegally procuring plastic and selling it. BBMP officials said that pre-covid, there was an effective ban against plastic. However, during covid, many shifted to plastic usage.

Kumar said, "We see resistance when we stop people from using plastic. So, we have realised that there is a need to create awareness against plastic use. We need to take up a lot of promotional programmes. Besides this, we are also planning to take up surprise raids once in a week at different zones to curb the usage of plastic."

BBMP bridge work delay jams up Mysore Road

Bridge condition is worsening as it is over 60 years old

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The narrow bridge on a secondary storm water drain near Jnana Bharathi campus on Mysore Road has become a traffic bottleneck.

Motorists going towards either Mysore or Jnana Bharathi have to struggle a lot to go straight or take a right turn at this junction.

Commuters waiting to take a right turn at the traffic junction blocks the movement of vehicles proceeding towards Mysore as the width of the road is not sufficient.

The other hurdle is the narrow bridge constructed on the storm water drain many years ago. Vehicles coming from Mysore towards the city get stuck on the bridge as its width is barely enough to accommodate more than one heavy vehicle at a time. The width of the road up to Jnana Bharathi Namma Metro Station is three lanes on both sides (towards Mysore and towards the city), but the stretch between the bridge and the traffic junction near the metro station is hardly enough to accommodate two vehicles on each side of the road.

The width of the road between the bridge and RR Nagar Junction is six lanes (three lanes each on both roads). The only bottleneck is the bridge constructed on the secondary storm water drain, situated between RR Nagar Junction and Jnana Bharathi Namma Metro Station.

KAUSHIK JN

Bridge on SWD near Jnana Bharathi campus is too narrow

"We have requested the BBMP authorities to widen the bridge, but nothing has been done to mitigate traffic-related woes," said A Satyanarayana, a resident.

Motorists opine that it would not be a tough task for the Bruhat Bengaluru Mahanagara Palike (BBMP) to widen the bridge as the Bangalore Metro Rail Corporation Limited (BMRC) constructed Namma Metro pillars after leaving sufficient space near the bridge.

"Widening the width of the bridge on the storm water drain will not affect Namma Metro pillars as there is ample space. Increasing the width of the bridge will facilitate smooth movement of vehicles at this junction. I think it is time for the BBMP to take a decision on this issue," said Mallesh M, a resident of Iyanna Shetty Layout.

He said the bridge is more than 60 years old and is deteriorating with a huge gap between the two lanes without any barricading. This makes it fatal for two-wheeler riders.

Blaming the traffic police and BBMP authorities for the delay,

> **We have requested the BBMP officials to widen the bridge, but nothing has been done to mitigate traffic-related troubles**
>
> –A Satyanarayana, Resident

Sanjay R, a resident of RR Nagar, has said the authorities concerned should have taken up the widening work soon after the construction of Namma Metro pillars near the storm water drain.

"Recently, Chief Minister Basavaraj Bommai visited RR Nagar, but the officials concerned did not inform him about the traffic jams occurring during peak hours on this stretch. I know it is not easy for the BBMP authorities to acquire land from a private builder (on the left side of the stretch between the bridge and the traffic junction near Jnana Bharathi Namma Metro Station), but widening it will eliminate traffic jams at this junction," said Sanjay.

Meanwhile, BBMP Chief Engineer Lokesh has said that he would look into the matter.

Regulating congestion on this stretch during peak hours, especially weekends, has become tough for traffic police.

"I assumed office recently. I will look into it," said Kamakshipalya Traffic Police Inspector.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Pothole nuisance

Linden Street

Despite several complaints, the potholes on Linden Street (Ward 111) have not been closed.

Covid not over

Magadi Road

SPINE CARE & ORTHO CARE HOSPITAL
CENTER FOR THE TREATMENT OF :
BACK PAIN | NECK PAIN | SHOULDER PAIN | DISK PROBLEMS
SCIATICA | SPONDYLOSIS | JOINT PAIN & FRACTURE

Hospital waste is being kept on the roadside at Magadi Road Tollgate. Covid is more likely to spread because of this.

PUBLIC NOTICE

This is to inform the public that my clients are purchasing from Smt. M.N. Divya Dharshinee, a.k.a. Divya Dharshinee Mavalli, D/o. Late Sri. M. Narayanadas and W/o. Mr. Vidhya Raman, all that piece and parcel of property Residential Site and House Property bearing Old Site No. 3, New BBMP No. 64 or 3/64, Ward No. 58 of Jayanagar, PID No. 58-99-64, situated at 47th 'A' Cross Road, 8th Block, Jayanagar, Bangalore-560 070, measuring East to West: 50 Feet and North to South: 80 Feet, in all measuring 4,000 Square Feet, consisting of Ground Floor House measuring 1800 Square Feet, First Floor House measuring 1200 Square Feet, and Cellar Floor measuring 400 Square Feet, more fully described in the Schedule below and hereinafter referred to as "Schedule Property". If any person has got any objections, right, title, interest or ownership over the above property and for purchase of Schedule Property by my clients, the same shall be intimated/communicated to the undersigned Advocate in writing with documentary proof of their claim/objections within 7(Seven) days from the date of this notice. If no objections are received from any person within the aforesaid time, my clients will proceed further to complete the sale transaction as if there are no objections from any one and thereafter no claim will be entertained from any person by my clients.

SCHEDULE PROPERTY

All that piece and parcel of Residential Site and House Property bearing Old Site No.3, New BBMP No. 64 or 3/64, Ward No. 58 of Jayanagar, PID No. 58-99-64, situated at 47th 'A' Cross Road, 8th Block, Jayanagar, Bangalore-560 070, measuring East to West: 50 Feet and North to South: 80 Feet, in all measuring 4,000 Square Feet, consisting of Ground Floor House measuring 1800 Square Feet with Marble Flooring, First Floor House measuring 1200 Square Feet, and Cellar Floor measuring 400 Square Feet with Marble Flooring and all the basic amenities and bounded on the: **East by:** Site No. 4-65 belonging to Mrs. M.N. Tejaswini; **West by:** Site No. 2-63 belonging to others; **North by:** 47th 'A' Cross Road; **South by:** Adarsh Garden Apartments.

Sd/- U.R. Nayak, Advocate
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Utter chaos on dug up Kundalahalli Road

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Kundalahalli residents have been stuck amidst dug up roads. People passing the area say that commuting has become a difficult task for them. They are stuck in traffic for hours.

Just a few months ago, Ryan International School Road was reportedly asphalted after repeated requests from residents. However, the road was dug up by BESCOM once again for the laying down of cables. Nothing was done to fix the road after.

The Brookfield Layout Residents Association has been maintaining the road for over seven years.

Shantanu Kaustubh, a member of the association, as well as a resident of the area, said, "We collect money from a few apartments and use that to keep the road in good condition."

Ashkar K, a resident of the area, said, "The area right in front of our house has been dug up, and since then, commuting through this road has become a nightmare."

Residents complain of reduced space after the road was dug up

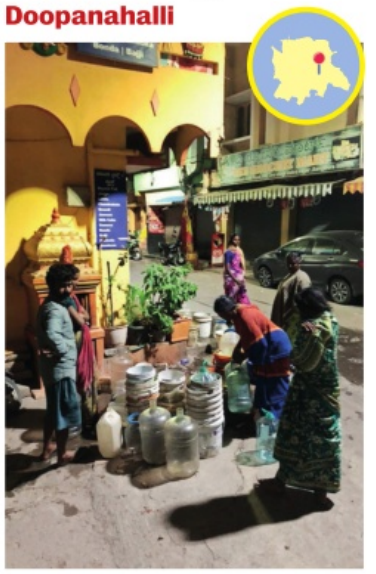
Residents complain that after the road was dug up, the space was reduced, because of which only one or two vehicles can cross the stretch at a time.

Namitha Debnath, another resident, said, "I was just trying to cross the stretch to buy a few things for home. I got stuck for more than 30 minutes in the traffic. Continuous honking leads to utter chaos."

A BBMP official said they would work on the matter as soon as possible.

Water leakage

Doopanahalli



Water is leaking in Doopanahalli, 100 Feet Road, HAL 2nd Stage.

If wishes were horses, park would be left alone?

Cubbon Park visitors term winged horse statue, fitness circuit plan 'waste of resources'

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KAUSHIK JN

Cubbon Park is a space where people already go for their fitness and recreational time; the proposed eco-fitness trail (inset) may just be unnecessary, say experts

After facing a lot of flak for the proposed dog ban in Cubbon Park, the new proposal to install a winged horse statue and an open-air fitness circuit are drawing ire from walkers. Cubbon Park walkers have opposed both the move and questioned the need for either in the park.

As part of beautification efforts, the horticulture department is now planning to install a winged-horse statue inside Cubbon Park behind the library. The move is expected to renovate the neglected area and transform it into a homage to the startup industry in India. Officials expect that walkers and youths walking inside the park will find the spirit of entrepreneurship through this installation.

This is part of project Sahasan initiative to beautify Cubbon Park and exemplify its role as a community centre.

Stating that most international parks have such statues, the horticulture department has welcomed the proposal. Speaking to BM, Principal Secretary of Horticulture Department, Rajendra Kumar Kataria said, "The statue will serve to boost and energise the startup industry in the city, it is a brilliant idea and we will look into the proposal."

The open-air fitness circuit will comprise a 2-km stretch with wood-based gym equipment on both sides. The project is being proposed as a pilot project and based on the success of the pilot, expansions could be planned. As per the pilot project, 12 exercise stations with three difficulty levels(beginner, intermediate, and expert) will come up in the Karagada Kunte area in Cubbon Park.

At the gym

- Equipment made of wood
- Signages instructing fitness enthusiasts on how to use the equipment
- Will have minimal concrete usage

Statue deets

- Seating arrangement near the statue for walkers
- Project will be funded by fintech firm
- Statue will be of corten steel but search on for other environment-friendly moulds

> "All these developments are in contravention of this 2001 HC order. The court was wary in 2001 that critical public spaces would be monopolised by government and corporates. Any development and improvement has to pass two tests-- deep public involvement in reviewing developments proposed and approval of the High Court. Recent proposals in Cubbon park don't pass these tests
>
> -Leo Saldhana, Environment Support Group

Swiss concept

Academic Engagement Coordinator at Swissnex, Prajwala Ravikrishnan said, "It's a Swiss-fitness concept that we are planning to bring in Bengaluru. In Switzerland, these are found in forests and families go to exercise together. It will be a circuit where exercising stations are at every 150 m intervals. We are going to install wooden equipment that uses bodyweight exercises. Such facilities have gained significance in a post-Covid environment where people can exercise in open spaces."

Both the proposals however faced backlash from the public.

Despite officials assuring that the erection of the statue will not affect Cubbon Park, walkers raised objections questioning the need for statues. "The statue serves no purpose or pleasure to walkers. We would like to know if the horticulture department will permit anyone willing to install in public welfare," said Lalchand Nagpal, a senior citizen and a regular walker. "While we like the idea, Cubbon Park is not the space for it. If the officials can source CSR funds, they could be put to better use like importing the hydrology table, improving the ecosystem, numbering the trees etc," said Priya Chetty Rajagopal, a walker and animal activist.

Similar opposition was faced by the gym proposal, "We are opposed to commercialising and corporatising Cubbon Park. It will be a precedent for several other companies with similar proposals. Proposals should be made centric on the park and not using the park. Any structure like this will need a concrete base and this will lead to hardscaping of the park. The area that is being proposed for the erection, is of cultural significance and we have been asking for a garden in that space," said a regular walker.

Walkers suggested that such proposals can be shifted to other parks and Cubbon Park be left alone.

President of Cubbon Park Walkers Association Umesh Kumar said, "As per Parks and Preservation Act, 1975, any construction is a violation. They are asking for half an acre for the facility. If we keep giving away spaces in this manner, there will be no end to such proposals. Already 300 acre Cubbon Park has been reduced to 197 acres, without opposition, further spaces will slip away."

However, some fitness enthusiasts felt that the facility could be beneficial "We feel that the facility will be a great addition in Cubbon Park. It will benefit thousands of people who come to the park. Cyclists have also welcomed this proposal," said Sathya Sankaran, a fitness enthusiast.

'All opinions considered'

Reacting to such opposition, a senior official from the horticulture department said, "We have taken the stakeholder's opinion and there has been some opposition and acceptance. This will be further discussed with a committee and will be later presented to the minister. Even safety concerns will be presented to the horticulture minister." Kumar told BM, "We are against this installation. Law should be the same for both Lalbagh and Cubbon Park. If the proposal is pursued, we will be taking legal action."

Stray attacks create ripples

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TWEETS @BangaloreMirror

A few cases of stray dog attacks have rattled residents of Sahakar Nagar. Residents of the area say two-wheeler riders are often chased and attacked. D Babu, a resident, said, "I have seen people have fallen off their scooters causing them injury."

He also shared a video of Sahakar Nagar where three children are seen walking when a dog runs towards them and attacks them. As onlookers try to prevent the dog from attacking, the dog continues to be aggressive towards the children.

While residents of Sahakar Nagar worry about dog attacks, animal lovers say we have to learn to coexist and behave kindly to strays too

Rakesh K, another resident, said, "My son goes cycling in the evening and I also go out with him. Neither of us have ever disturbed the stray dogs present nearby. However, two days ago when we were going to the park, two dogs began chasing my son's cycle. A few passersby helped us chase the dogs away."

But, dog lovers, say that the behaviour of dogs depend on the way we humans treat them.

An activist said, "A mutual psychology has to be built between both so that we can coexist with the other. I am not defending the stray dogs, what has happened is very sad but again if we have to go ahead with something in this particular domain it has to start with ourselves first and the way we treat them because these are voiceless animals, and they think in a very unidirectional way. The way one treats them will define how they will behave with us."

He also said that in order to be able to deal with this problem, there should be mutual respect in the way both interact with each other.

Another dog activist said, "Just because one dog was aggressive doesn not mean that all are. In order to prevent these kind of incidents, it is imperative that the children be taught how to treat the dogs kindly."

When citizens, agencies come together, an underpass is fixed

Iffath.Fathima @timesgroup.com
TWEETS @BangaloreMIRROR

The Doddanekundi Village Railway underpass is a changed place. For more than five years, commuters used to suffer as and when it started to rain as the underpass would get flooded.

Clement Jaykumar, a resident of Doddanekundi, said the officials had give up around 2016, saying the underpass floor level is below the water level of the nearby rajakaluve and that there was no technical solution to avoid water logging.

So each time it rained the BBMP would get water pumps to pump the water out. This method was temporary and the residents demanded a permanent solution.

Bangalore Mirror
There's a model RUB that won't get flooded
BBMP created a grating to divert runoff water from the road and wider pipes were installed for water to flow easily

BM reported on April 21 about steps taken to fix Doddanekundi underspass

In the first method, the rajakaluve was cleaned and a drain pipe in the underpass was replaced with a pipe of a bigger diameter. This worked for some time but with heavy rains, the underpass would again get flooded. Next, the BWSSB was asked to connect the rajakaluve to a stormwater drain nearby, however this turned out be a failure as sewage started to flow in.

It took the BBMP, BWSSB, Railways officials to work together to solve the issue. Meanwhile, a culvert was constructed over Doddanekundi rajakaluve, which was at a higher height than the road surface and it helped the water seep in.

Then the residents of Doddanekundi and Mahadevapura Task Force got together to find a permanent fix along with the officials.

The Doddanekundi Village underpass has a whole new look, thanks to efforts by multiple agencies and citizens

During the pandemic, work on the fixing the underpass came to a halt.

Jayakumar said, "Several measures were incorporated to fix the problem of flooding by building a silt trap, raising the height of retaining walls on all the four sides, stopping the run of water from the village side, increasing the diameter of the drain pipe from underpass and connecting it to the Waste Water Management (WWM) pipeline."

The underpass had also started to look bad so volunteers painted the walls and cleaned the stretch which now looks airier and prettier.

All of the measures were carried out a step at a time with the engagement of civic departments and citizens. And the results are for all to see.

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I Naveed Rafiq Ahmed S/O Rafiq Ahmed B staying at 39/2 Patalamma Temple Road, Next to SBI, Near South End Circle, Basavanagudi Bangalore - 560004 Have changed my Name to Naveed Ahmed Rafiq

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LOST & FOUND

I, Himesh Ramesh Sharda have lost my class 10 ICSE marksheet on 28th June,2022. Requesting ICSE council to kindly re-issue a copy of the same.(Unique ID:5977225; TG no:30010527; Year of passing:2015). (Affidavit number: IN-KA63656600116154U)

I, M.K. RATHNAVATHY, W/O M.M. Kalappa, R/O resident of Thuchamakeri Village, Kodagu Dist, have changed my name from B.P. RATHNAVATHY to M.K. RATHNAVATHY, vide affidavit dated 23-June-2022, before notary M.N. Ramesh, Kodagu.

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City logs four-fold rise of covid cases in June

New sub-variants of Omicron could be triggering rise in cases

Sridhar.Vivan@timesgroup.com
TWEETS @sridharvMirror

KAUSHIK JN

BBMP has been urging people to wear masks in public spaces

The Test Positivity Rate (TPR) is rising in the city, and has now breached the 5 per cent mark.

One of the main reasons for the increase in TPR Is due to the rise in Covid cases. In fact, the surge in June was almost four times compared to the previous month.

A data analysis of Covid cases has shown that Bengaluru had reported 4,040 cases in May. However, in June, the cases almost increased by four times to 16,216 cases.

Although Covid deaths have not shown a big rise, the cases have certainly gone up.

There was one casualty in May (the least since Covid struck the city), but June has seen four people losing their lives. In the beginning of the month, cases were less than 200-300 a day, but as the month progressed, cases climbed to almost 1,000 a day. The active cases have also gone up from 1,895 to 5,577.

Although there is no clear reason for the surge, one of the reasons could be due to the transmissibility of new sub-variants of Omicron.

According to Dr KV Thrilok Chandra, BBMP's Special Commissioner for Health and Information Technology, genome sequencing has identified that around 40 samples have tested positive for BA.4 and BA.5, an indicator of increasing infections due to new sub-variants.

"Our genome sequencing is being correlated with genome sequencing of sewage samples. Both are showing the same trend", he said.

He added that the civic body was conducting 17,000 tests a day, out of which, 600 to 700 were testing positive.

"Most of them are asymptomatic and getting treated at home. However, we have 60 active admissions, mostly in private hospitals and most of these admissions are a precautionary measure. Around 10 patients are in the ICU which are incidental cases," he further said.

The BBMP has been insisting people to wear masks in public. However, as a fine is not being imposed, the mask mandate is not being followed efficiently.

A state government-appointed Technical Advisory Committee has suggested the state start imposing fines. "We need to notify the penalty provision under Disaster Management Act for which a proposal is pending before the state government," he said.

Cases surge in Mahadevapura

In the last three waves, Mahadevapura has had the highest number of Covid cases in the city.

Analysing the trend, Chandra said, "Mahadevapura zone has a high number of cases. One of the reasons could be due to people who have a travel history. It is not just domestic, but many undertake international travel as well."

> **"Our genome sequencing is being correlated with genome sequencing of sewage samples. Both are showing the same trend** – Dr KV Thrilok, BBMP Special Commissioner (Health and IT)

India's active covid cases climb to 1,11,711

India logged 16,103 new coronavirus infections, taking the total tally of covid-19 cases to 4,35,02,429, while the active cases increased to 1,11,711, according to the Union Health Ministry data updated on Sunday. The death toll climbed to 5,25,199 with 31 new fatalities, the data updated at 8 am stated. The active cases comprise 0.26 per cent of the total infections, while the national covid-19 recovery rate was recorded at 98.54 per cent, the ministry said. An increase of 2,143 cases has been recorded in the active covid-19 caseload in a span of 24 hours.

The daily positivity rate was recorded at 4.27 per cent while the weekly positivity rate was 3.81 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 4,28,65,519 while the case fatality rate was recorded at 1.21 per cent.

According to the ministry, 197.95 crore doses of Covid vaccine have been administered in the country so far under the nationwide covid vaccination drive.

India's covid tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5, and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20, and surpassed the one-crore mark on December 19. The country crossed the grim milestone of two crore on May 4, and three crore on June 23 last year. It crossed four crore on January 25 this year. — PTI

Covid triggers paradigm shift to self-help books

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

The bookstores in Bangalore have witnessed a spike in the sale of self-help books over the past two years, and the reason for that is possibly Covid. Krishna Gowda, the owner of the bookstore Bookworm on Church Street, told BM, "Many people prefer self-help books these days. Our bestsellers are 'Ikigai' and 'Atomic Minds', both of which are self-help books. Although the younger crowds, between ages 25 to 30, reach out for these books more often, they are as popular among other age groups too."

Their sales have especially increased since February 2022, the manager of Blossoms bookstore said.

"Recently, we have started to see a lot of new faces, especially after the third wave in February. A lot of young people and Gen-Z have started visiting the bookstore and buying books. Their favourite genres are self-help and business," he said.

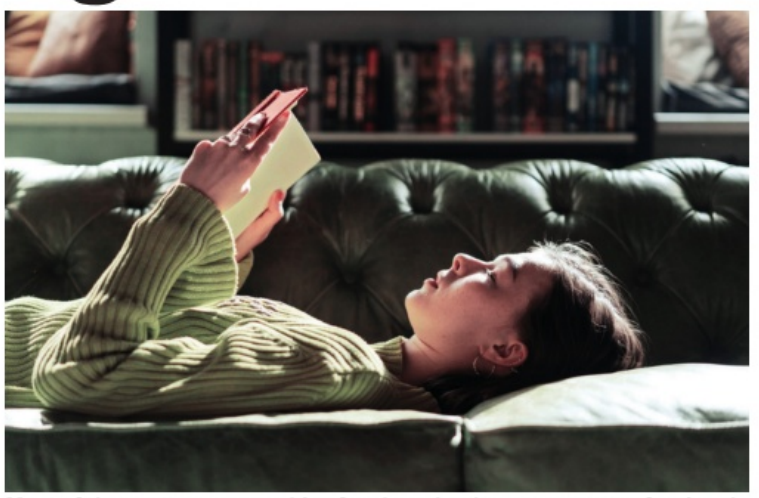
Readers say that self-help books have helped them handle self-isolation amid the pandemic.

Divya Yadav, a 25-year-old front-end developer in an IT Company, said that self-help books have helped her through two years of work-from-home when she lost touch with friends and colleagues.

"I started reading these books back in 2020 because we couldn't leave the home, which was making me anxious. It was like a source of positivity during a very difficult time. Due to long continuous work hours, my schedule was messed up and became more stressful and monotonous," she added.

Bookstore owners say that the majority of the customers going for these books are young professionals. Bengaluru, the IT city of India, already has a large pool of this crowd.

The owner of another bookstore in Bengaluru said, "Earlier, a major part of our sales were fiction books, but now people's interests have shifted to motivational reads. Young professionals make up almost 75% of our customer-base, and they prefer these books. Teenagers and college students also like this genre, which wasn't the case two years ago."



Most of the customers reaching for these books are young professionals

Globally, the popularity of self-help books has been growing since before the pandemic. According to NPD Group, US sales of self-help books grew annually by 11 per cent from 2013 to 2019, reaching 18.6 million volumes. However, in India, the pandemic brought this shift.

Nitin Shah, Managing Director, Sapna Bookstore, said, "If you speak of covid times, the sales really did increase. Even when the stores were closed, we were getting a lot of requests online."

> **"I started reading these books back in 2020 because we couldn't leave home, which was making me anxious** – Divya yadav, Professional

Mahesh Gowda, a consulting psychiatrist, explained the science behind the demand for self-help books.

"These books can be good for guidance, and some of them use a psychotherapy approach. However, they only provide you guidance and positivity on the surface level. During the pandemic, people found temporary comfort in books, but you shouldn't completely rely on books for your mental health. They give generalized advice and might not help you with more complicated issues," he said.

PICS: KAUSHIK JN

Rolling in the deep

CONTINUED FROM PAGE 1

Srinivas GK, (50), told BM that he has been teaching roller skating for 11 years — he learnt skating when he was 12 years old and was himself a champion. Srinivas told this reporter that he always wanted to teach kids, and take roller skates to a wider audience and explore bigger possibilities.

Currently he is teaching skating at Dr BR Ambedkar stadium near Vijayanagar which has been under renovation for three years.

"I found this spot before the onset of covid-19 and took the opportunity to teach skating on harder surfaces as my students have to participate in skating competitions on road surfaces as well as tracks. I come here before 5:00 am; clean the half-kilometre stretch and keep it ready for children to practise without any obstacles," he said.

Samarth Sajjan, a 13-year-old skater, has participated in national competitions. Sajjan has won two gold and one bronze medals, so far.

"I have been training to skate since I was eight years old; we used to practise in the stadium but for the past three years, we have been practicing here. This road has helped me learn to skate on hard surfaces with the help of my coach," he said.

Earlier, children, after their practice inside the class, were often taken outside to empty and blocked roads to practise skating once in a while.

However, with their training space at the stadium under renovation, they had to stop their practice until their coach found an alternate way to conduct the classes everyday.

Children skating and coach Srinivas. Due to flyover construction to make signal-free corridor, underpass has been lying unused for about five years. Construction underway, skaters resting (down), Skater Samarth Sajjan (inset-up) Skater Dhanyatha (inset-down)

Dhanyatha, another skating student who's 12 years of age has won six medals — comprising gold, silver and bronze — in national competitions: "I have been learning skating since I was nine years. I never had a chance to practise on the road as we had our sessions in the stadium. "Since the past three years, practicing here has made me more confident, and made it easier for me to compete in road roller skating races," she told BM.

"We don't come here once it's dark as we see many youths sitting and drinking. It's pitch dark inside the underpass. I have seen the coach sweeping and cleaning this entire road every morning before the children arrive; I sometimes help him too," Muniratna, a parent who accompanies her daughter everyday to the lessons told BM.

A senior BBMP official said that the flyover work has been going on for four years now. Normally, the deadline to complete the project is within an 18-24-month period. However, this project was on hold for more than a year due to covid-19.

"The officers in charge of the project were transferred in between and it became difficult to get approvals which further delayed the process. The flyover is almost complete and we are planning to inaugurate it on August 15," he said.

Coach Srinivas said the stadium too is almost complete and will move the class back next month after the underpass is opened for vehicles.

EV to accident rescue

CONTINUED FROM PAGE 1

"I have a network of 300 auto drivers, tour and travel operators, blood and organ banks to get immediate help. If the patient requires more than first aid or just a visit to the pharmacy store, we call upon the network of auto drivers or tour and travel operators' vehicles as per requirement. I also have contacts in 42 police stations," said Nataraj.

All expenses from first-aid to hospital admission are borne by Nataraj. While the auto-drivers and tours and travel folks have volunteered, Nataraj chooses to pay for the volunteers and has become a big help in accident related emergency service in the city.

While the initiative started roughly five years ago, it was only recently that Nataraj shifted his services to an electric vehicle (EV). Previously the services were manned by two people, but due to the covid-19 pandemic, it was reduced to one vehicle. Nataraj also feels that the EV allows him to rush to places in time without worrying about high fuel prices.

Nataraj gets at least 6-7 calls in a month and spends at the very least an amount of ₹2,000-3,000 per patient

Nataraj gets at least 6-7 calls in a month and spends at the very least an amount of Rs 2,000-3,000 per patient. In the service of a patient, he has to devote at least 3-4 hours.

Even though a helpline number is not active at the moment, he uses his contact numbers primarily for receiving requests. "There used to be a helpline number but it was very expensive. We had to pay Rs 16,000 as a deposit. Currently, I mostly take requests from my mobile number, which is 9886494287. It has also become easier to send pictures and tag locations through the phone of late," he added.

Get your veggies in cloth bags at Madiwala market

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TWEETS @BangaloreMIRROR

With the ban on certain single use plastic (SUP) items having kicked off countrywide, Madiwala Market has decided to take the first step and taken a pledge to go plastic free.

On International Plastic Bag Free Day on Sunday, an event was organised to raise awareness of conserving environment by reducing the usage of disposable plastics and proper management of solid waste.

Bruhat Bengaluru Mahanagara Palike Joint Commissioner, Parashuram, and AEE, Santosh Kaddi, in partnership with the NAMA Facility-funded project 'Waste Solutions for a Circular Economy in India', also referred to as 'Circular Waste Solutions', initiated an awareness campaign to make Madiwala Vegetable Market an eco-friendly space.

The event, 'Cheela Mela', organised by the implementation partner Saahas, aimed to promote the use of cloth bags among market-goers. The public was encouraged to bring their old, unusable clothes and get them stitched into cloth bags by tailors present at different locations at the market.

Veerendra SV, part of the campaign said, "Pre-made, upcycled cloth bags made from old banners were handed out to people who were buying vegetables in plastic bags. They were urged to carry the cloth bags given to them whenever they went vegetable shopping. A total of 500 reusable cloth bags were given away as part of the event."

Old sarees, kurtas, bed sheets were given by people and made into cloth bags for their own use

Veerendra said, "The Saahas team, along with 10 student volunteers, also spread awareness among the vendors in the market regarding the single-use plastic ban, and asked them to stop handing out plastic bags to their customers. The team also organized a street play to educate the crowd about the ill effects of single-use plastics and plastic bags."

'Circular Waste Solutions' is focused on promoting low carbon Circular Economy solutions in Municipal Solid Waste Management (MSWM) with the support of the NAMA (Nationally Appropriate Mitigation Action) Facility.

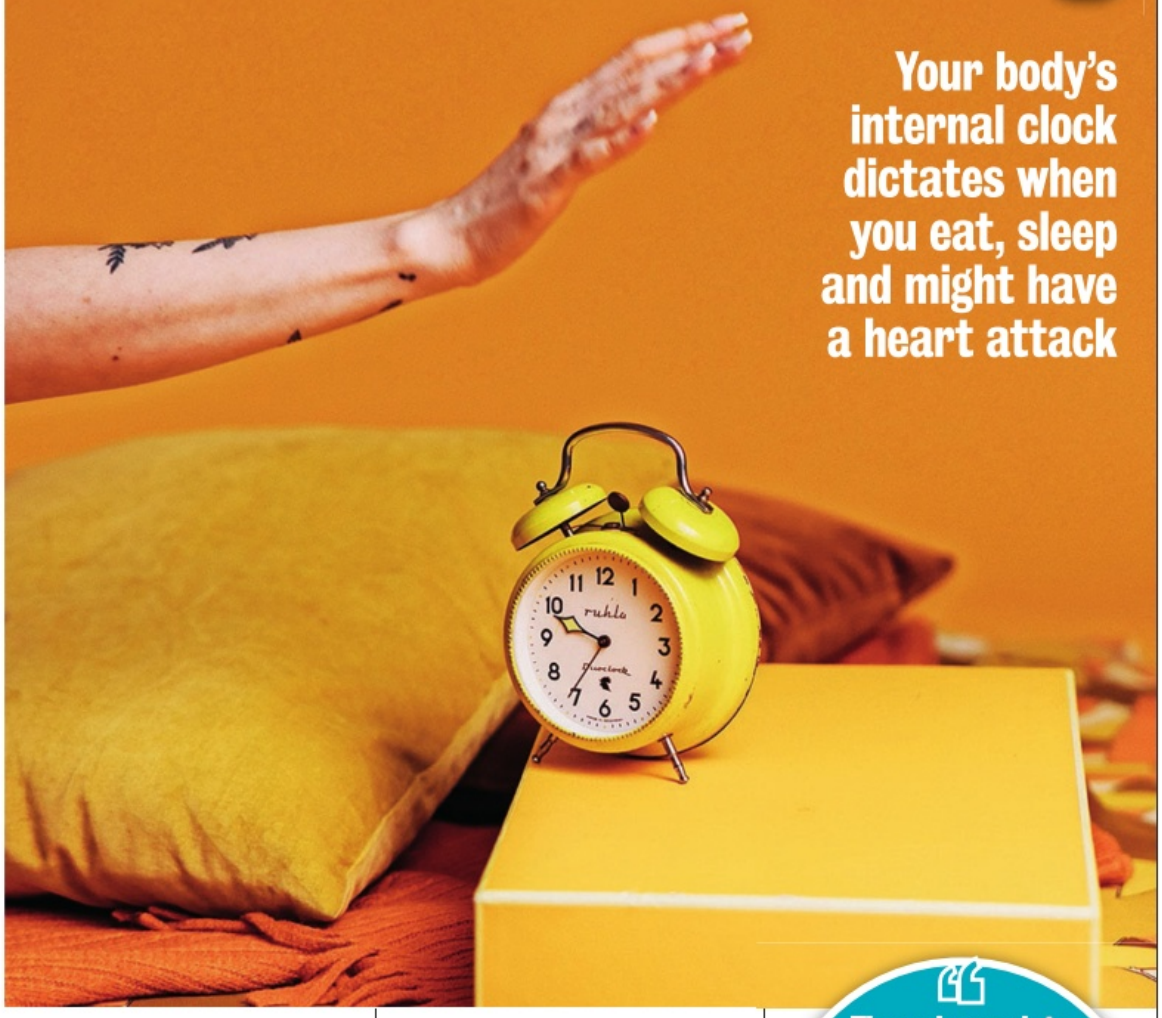
The main objective of the 'Circular Waste Solutions' project is to reduce Greenhouse Gas (GHG) emissions from waste by creating awareness about source segregation of waste, and ensuring resource recovery from waste through decentralised processing of city waste. The project will help in substantial reduction of CO_2 emissions in the waste sector over five years in the five lighthouse cities of India including Bengaluru.

HEALTH TIP: Stress causes acid reflux as it depletes prostaglandins that protect the stomach lining from the effects of acid

Both white and brown rice are high in iron, which can aid anaemia sufferers

The clock is ticking

Your body's internal clock dictates when you eat, sleep and might have a heart attack



Anyone who has suffered from jet lag or struggled after turning the clock forward or back an hour for daylight saving time knows all about what researchers call your biological clock, or circadian rhythm – the "master pacemaker" that synchronises how your body responds to the passing of one day to the next.

This "clock" is made up of about 20,000 neurons in the hypothalamus, the area near the center of the brain that coordinates your body's unconscious functions, like breathing and blood pressure. Humans aren't the only beings that have an internal clock system: All vertebrates – or mammals, birds, reptiles, amphibians and fish – have biological clocks, as do plants, fungi and bacteria. Biological clocks are why cats are most active at dawn and dusk, and why flowers bloom at certain times of day.

Circadian rhythms are also essential to health and well-being. They govern your body's physical, mental and behavioral changes over each 24-hour cycle in response to environmental cues like light and food. They're why more heart attacks and strokes occur early in the morning. They're also why mice that are missing their biological clocks age faster and have shorter lifespans, and people with a mutation in their circadian clock genes have abnormal sleep patterns. Chronic misalignment of your circadian rhythm with external cues, as seen in night-shift workers, can lead to a wide range of physical and mental disorders, including obesity, Type 2 diabetes, cancer and cardiovascular diseases.

In short, there is ample evidence that your biological clock is critical to your health. And chronobiologists like me are studying how the day-night cycle affects your body to better understand how you can modify your behaviors to use your internal clock to your advantage.

How biological rhythms affect your health

Your biological clock affects your health by regulating your sleep-wake cycles and fluctuations in blood pressure and body temperature. It does this primarily by syncing your endocrine system to environmental light-dark cycles so that certain hormones are released in certain amounts at certain times of day.

The pineal grand in your brain, for example, produces melatonin, a hormone that helps regulate sleep in response to darkness. Doctors advise reducing exposure to artificial blue light from electronic devices before bedtime because it can disrupt melatonin secretion and sleep quality.

Your circadian rhythm also affects your metabolism. Among other things, sleep helps you regulate leptin, a hormone that controls appetite. Your leptin levels fluctuate throughout the day according to a rhythm set by your circadian clock. Insufficient or irregular sleep can disrupt leptin production, which can make us hungrier and lead to weight gain.

> "There is much to learn about how your circadian clock works. But in the meantime, there are some tried and true ways people can synchronise their internal clocks for better health

In recent years, researchers have discovered even more ways your circadian clock can affect your health. For example, there is now research suggesting that eating at set times of day, or time-restricted feeding, can prevent obesity and metabolic diseases. Depression and other mood disorders may also be linked to dysfunctional circadian control that lead to changes in how your genes are expressed.

The time of day when you take your medicine can also affect how well it works and how severe any side effects might be. Likewise, your biological clock is a potential target for cancer chemotherapies and anti-obesity treatments.

And finally, even your personality might be shaped by whether your internal clock make you a "morning person" or a "night person."

Getting the most out of exercise

Circadian clocks also provide a potential answer to when is the best time of day to maximise the benefits of physical exercise.

To study this, my colleagues and I collected blood and tissue samples from the brains, hearts, muscles, livers and fat of mice that exercised either before breakfast in the early morning or after dinner in the late evening. We used a tool called a mass spectrometer to detect approximately 600 to 900 molecules each organ produced. These metabolites served as real-time snapshots of how the mice responded to exercise at specific times of day.

We stitched these snapshots together to create a map of how exercise in the morning versus evening affected each of the mice's different organ systems – what we called an atlas of exercise metabolism.

Using this atlas, we saw that time of day affects how each organ uses energy during exercise. For instance, we found that early morning exercise reduced blood glucose levels more than late evening exercise. Exercise in the late evening, however, allowed the mice to benefit from energy they stored from their meals and increased their endurance.

Of course, mice and humans have many differences along with their similarities. For one, mice are more active at night than during the day. Still, we believe that our findings could help researchers better understand how exercise affects your health and, if timed appropriately, can be optimized based on time of day to meet your personal health goals.

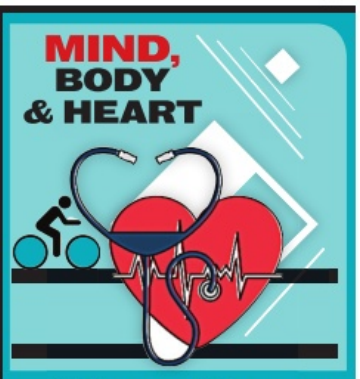
Getting along with your biological clock

I believe that the field of chronobiology is growing, and we will produce even more research providing practical applications and insights into health and well-being in the future.

In my own work, for example, a better understanding of how exercising at different times of day affects your body could help tailor exercise plans to maximise specific benefits for patients with obesity, Type 2 diabetes and other diseases.

There is still much to learn about how your circadian clock works. But in the meantime, there are some tried and true ways people can synchronise their internal clocks for better health. These include regular exposure to sunlight to trigger the endocrine system to produce vitamin D, staying active during the day so you fall asleep more easily at night and avoiding caffeine and reducing your exposure to artificial light before bedtime.

(By Shogo Sato, Assistant Professor of Biology, Texas A&M University, The Conversation via PTI)



All problems solved

Dear Coleen

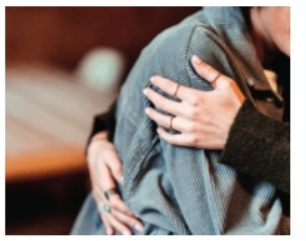
I have a really nice friend whose husband is a total d*head! I don't know what she sees in him. He's charming, I suppose, but I can see through the charm and I know he's a selfish narcissist with a wandering eye. It's common knowledge locally that he's been sleeping with a younger woman off and on for a while and my friend knows nothing about it. However, pretty much everyone else knows and I'm sure it'll get back to her at some point. I haven't told her so far because I didn't want to hurt her and I kept hoping the rumours would die down and her husband would come to his senses. Plus, I don't actually have any hard evidence – I've never seen him with this woman, for example.**

COLEEN SAYS

Well the messenger usually gets shot. It's a horrible situation to be in because you know you'll probably blow up her life or it might even end your friendship. And, as you say, you don't actually have any evidence. Personally speaking, I would want my friends to tell me if they thought a partner was up to something.

I think you should try speaking to him first. Explain that you know about this affair and so does everyone else, so the chances of it getting back to his wife are pretty high. Advise him that the news would be better coming from him than from you or anyone else, then leave him to think about it and hopefully he'll act on it. If your friend asks you afterwards if you knew, you can explain you'd heard rumours so you spoke to her husband and advised him to do the right thing.

—Coleen Nolan, Daily Mirror



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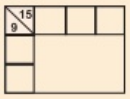
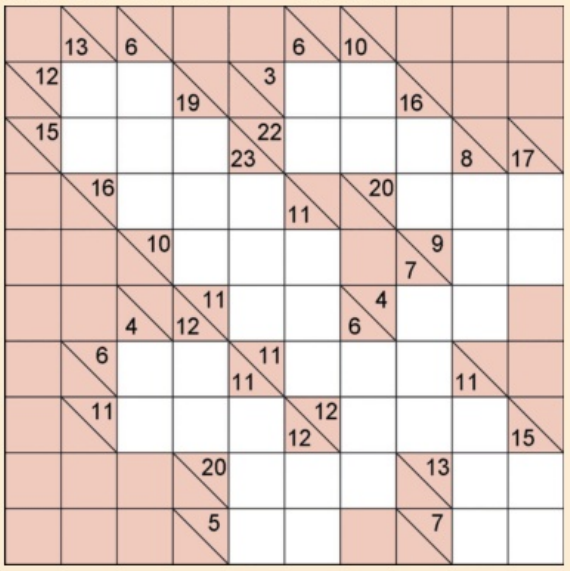
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

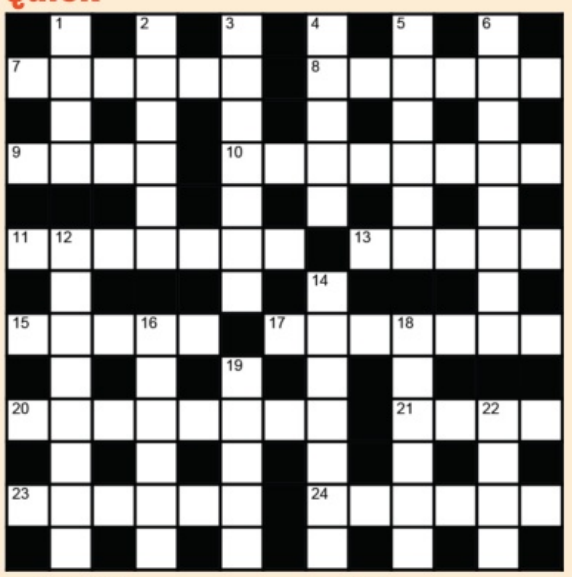


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 German city (6)
8 Covered roads with asphalt (6)
9 Oaf (4)
10 Freed from anxiety (8)
11 Stripped or robbed of money, property, etc. (7)
13 Make entreaty (5)
15 Skeletal head (5)
17 Puts on one's clothes (7)
20 One hundred and twenty minutes? (3,5)
21 Bird of prey (4)
23 Moral and social decay? (3-3)
24 Wandering (6)

DOWN

1 One of Bangalore's oldest temples (4)
2 One under par in golf (6)
3 Mapped out (7)
4 Play for time (5)
5 1984 author? (6)
6 A deputed representative (8)
12 Half-hearted (4-4)
14 ___ swords with : has a fight with, in a way? (7)
16 Paki city (6)
18 Great desert (6)
19 Songs for two (5)
22 On the ___ : flying? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS P

VPATBTWN TL WVZ ZAKOF-FOLLAZEW NRP IZZB HVZE NRP WZBB JZRJBZ VRH HREMZFIPB NRP OFZ.

Linemaro

Darling, they are playing OUR song!

Mindchow

If you are going through hell, keep going

Joke of the day

The family that sticks together should bathe more often

Loop

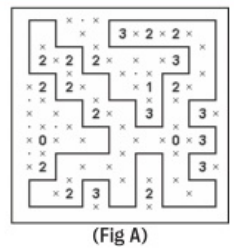
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

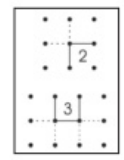
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

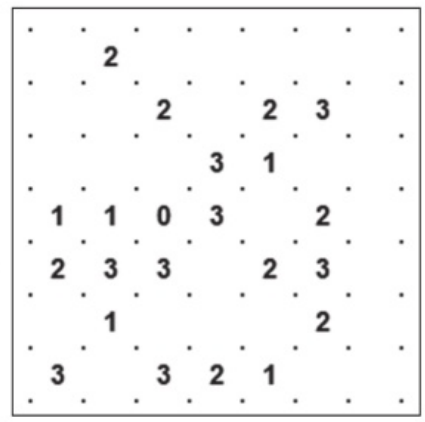
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



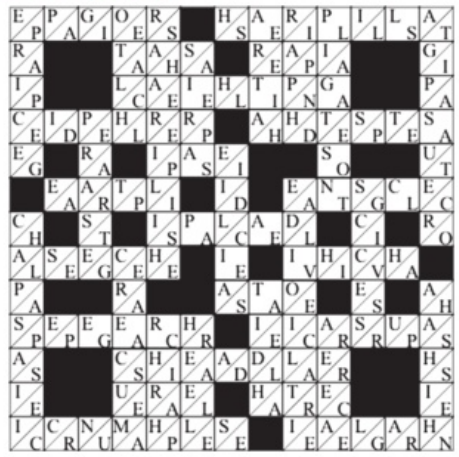
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9		M		

ACROSS

1 Brace; 6 Uli Co;
7 Six ma; 8 Do ere;
9 Smite

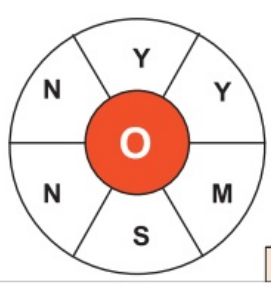
DOWN

1 Comte; 2 I a car;
3 Ox Bum; 4 Li Dee;
5 Sires

Mensapuzzle

What is X?

131 517 192 X



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge

	9			2				8
					8		5	7
			5	4			1	
8			7					2
9	7		4		2		8	3
2					5			6
	3			5	6			
5	6		8					
4				1			7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

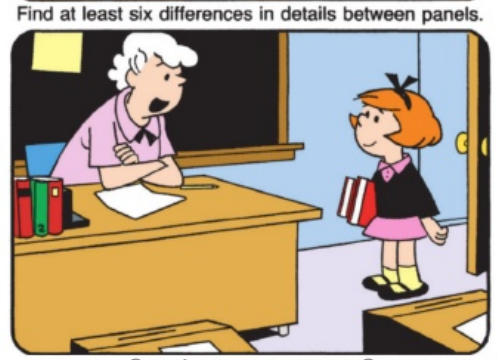
Easy = 20
2 4 5 9

Medium = 8
1 2 2 6

Hard = 13
1 7 9 3

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Teacher's desk is not as wide. 2. Student desk is moved. 3. Bookend is larger. 4. Blackboard is wider. 5. Girl is holding two books. 6. Door opening is wider.

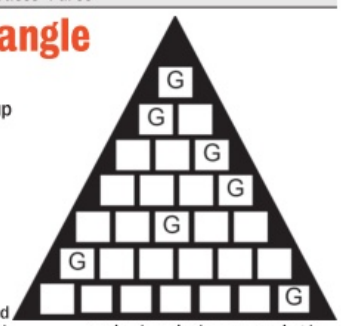
Riddler

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, given: Boast–Hip, move the 's' from 'Boast' to 'Hip' creating two synonyms: Boat–Ship.

1. Claw–At
2. Rag–Below
3. Shred–Ban
4. Table–Seven
5. Potless–Purse

Alpha triangle

1 Gram, abbr.
2 Guam, abbr
3 Beer or coffee cup
4 Self-satisfied
5 Sorcerer
6 Scopes
7 American horse



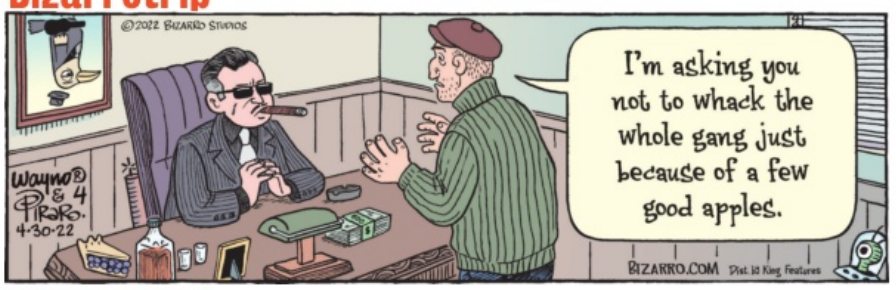
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip


©2022 BIZARRO STUDIOS
I'm asking you not to whack the whole gang just because of a few good apples.
Wayno & 4 PIRATES 4-30-22
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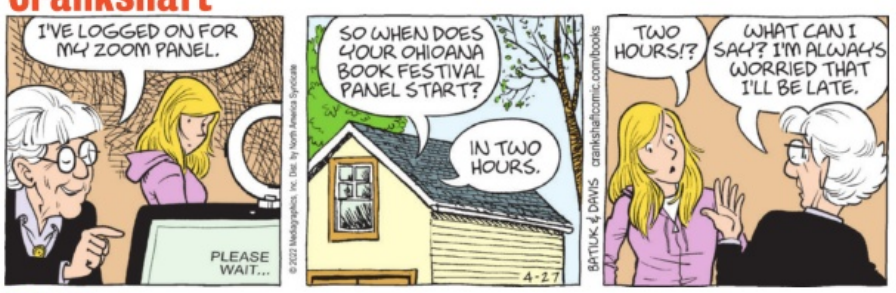
Diamond Lil

Hart of the city

Crankshaft


I'VE LOGGED ON FOR MY ZOOM PANEL.
PLEASE WAIT...
SO WHEN DOES YOUR OHIOANA BOOK FESTIVAL PANEL START?
IN TWO HOURS.
4-27
TWO HOURS!?
WHAT CAN I SAY? I'M ALWAYS WORRIED THAT I'LL BE LATE.
BATIUK & DAVIS crankshaftcomic.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be able to strike a balance between your earnings and expenses, which may boost your bank balance. You are likely to perform better at your job. Your boss can give you new responsibilities in terms of promotions. You may get back money that was stuck. You will have control over your opponents and hidden enemies.

Taurus Apr 21 – May 20
Today you may feel dull due to sleeplessness and scattered towards your goals. This can affect your work efficiency. You may plan to visit a spiritual place. In the late evening, you may be blessed by your elders and figure out your mistakes. You could make a good plan for the coming day. You are advised to take care of your parent's health.

Gemini May 21 – Jun 21
Today you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of your professional life. Your friends and juniors are likely to support you.

Cancer Jun 22 – July 23
Today your subordinate staff may be cooperative, and it may help you complete postponed projects. You are likely to join some social event which may boost your network and help you at your work and social life. You may plan an outing with friends. Some disputes with friends may be settled now. Students are advised to avoid carelessness.

Leo Jul 24 – Aug 23
Today your communication skills may help you on the professional front. You are likely to be more polite with everyone around you, which may help speed up your projects. Lovebirds are likely to exchange their views with each other, which may create a foundation in their relationship.

Virgo Aug 24 – Sep 23
Today you may feel dull and unhappy. You are advised to avoid harsh conversations with friends and family members. You may also not be able to get proper reciprocation for your hard work. You need to follow your intuition. You are advised to keep patience while making some important decisions.

Libra Sep 24 – Oct 22
Today you are blessed by the moon. New partnerships may bring you benefits. Your energy levels are likely to be high. Your hard work and enthusiasm may pay you off in terms of financial gains. Self-respect may protect you from negative people around you.

Scorpio Oct 23 – Nov 22
Today new sources of income are likely to be opened. Your past investments may bring you good profits, which will boost your bank balance. You are likely to connect with a social organisation, which will increase your network. Singles may find their soulmate in terms of marriage. Lovebirds may enjoy happy moments.

Sagittarius Nov 23 – Dec 22
Today blessings from your elders can make you confident. You should follow your intuition before taking any initiatives which may help you at work. Your intuition may help to gain more in terms of finance. You are likely to visit some spiritual place with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

Capricorn Dec 23 – Jan 20
Today things would not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You are likely to be attracted to the occult. You may feel a lack of confidence, which may affect your work. Avoid rash driving and risky adventure tours.

Aquarius Jan 21 – Feb 19
Expect instant gains in your business today. It may boost your confidence levels, as well as your bank balance. It is advised to avoid stress in domestic life. Expect momentum at business and the work front today. Your prestige may be increased. You may also plan for an overseas trip.

Pisces Feb 20 – Mar 20
Today you may be in a hurry. You are advised to drive safely. With the blessings of the elders, you may come out of a messy situation. You should expect to handle many things together. Your patience may help you to get success. Expect some positive results from new partnerships. Lovebirds may enjoy happy moments. Job seekers may find suitable work.

KIDZONE

S Divya Shree, 11 Years, Cluny Convent High School

Tanush N, 9 Years, Mother Teresa School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√3×∛256−60/7−1
√3×∛(196)/7−1
√3×∛(28)−1
√3×∛27
=3

QUOTE UNCODE
Humility is the embarrassment you feel when you tell people how wonderful you are.

FAST FIVE

T	I	M	E	S
E	R	O	D	E
M	A	X	I	S
O	C	U	L	I
C	A	B	E	R

BULL'S EYE
nosy, sonny, SYNONYM

STRIKE OUT

P	A	G	E	S	H	A	R	P	I	S	T			
	A	H	A		R	A	I				I			
	C	E	I	L	I	N	G				P			
C	I	P	H	E	R		A	D	E	P	T	S		
E	A		P	S	I		O				T			
A	R	T	I		D	A	N	G	L	E				
C	T	S	A	L	A	D	I		R					
L	E	E	C	H		E	V	I	V	A				
A		A		S	A	O		E		A				
S	P	E	C	H	I	C	A	R	U	S				
	S	H	O	U	R	S		H	A	W	K			
	E	A		D	O		A							
S	K	U	L	L		D	R	E	S	S	E	S		
		U		D		C		T						
F	L	E	E	C	E	D		P	L	E	A	D		
		T		T		L		G						
C	L	O	D		R	E	L	I	E	V	E	D		
	I			I			T	A	R	R	E	D		
L		R		A		A		W		L				
M	U	N	I	C	H		T	A	R	R	E	D		

QUICK

B	B		C		S		O		D					

MENSA PUZZLE
1. Spaced correctly, the series becomes 13 15 17 19 2(1)

RIDDLER
1. Law – Act,
2. Rage – Blow,
3. Shed – Barn,
4. Stable – Even,
5. Spotless – Pure

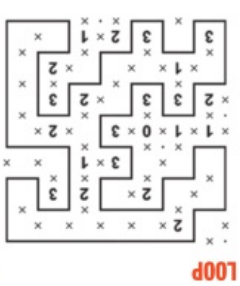
SUDOKU

4	8	9	2	1	3	6	7	5
5	6	2	8	7	4	9	3	1
1	3	7	9	5	6	8	2	4
2	4	3	1	8	5	7	9	6
9	7	1	4	6	2	5	8	3
8	5	6	7	3	9	1	4	2
6	2	8	5	4	7	3	1	9
3	1	4	6	9	8	2	5	7
7	9	5	3	2	1	4	6	8

ALPHA TRIANGLE
G, Gu, Mug, Smug, Magus, Gamuts, Mustang.

GO FIGURE
Easy
9 + 5 + 2 + 4 = 20
Medium
6 − 2 x 1 x 2 = 8
Hard
7 + 9 / 1 − 3 = 13

LOOP



KAKURO

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Adele's bond theme

Ex and new love are best of friends at star-studded concert

Adele performs on stage at the BST Hyde Park in Hyde Park on July 02, 2022 in London, England. Above: Idris Elba attends the concert; Natalie Portman at the event (left)

She's made millions singing about her marriage split... but it hasn't stopped Adele's ex-husband from being pals with her new man.

As the 34-year-old singer performed in London's Hyde Park on Friday, her ex Simon Konecki and boyfriend, sports agent Rich Paul, 40, spent the night laughing and joking with each other backstage. Simon, 48 - who is the father of Adele's nineyear-old son, Angelo - hosted their A-list friends, including Cameron Diaz, Benji Madden, Niall Horan CHEERS Niall Horan and James Corden, as well as TV presenter Lorraine Kelly.

One partygoer said: "Simon and Adele are like best friends and he gets on really well with Rich. "She put Simon in charge of hosting all their pals in the backstage Queen Vic bar, which shows just how important he is to her.

"Rich was with Adele in her dressing room but as soon as she took to the stage, Simon was by his side. It's lovely to see they are all one big happy family."

On Radio 4's Desert Island Discs, Adele reflected on the break-up of her marriage and said she remains close to Simon, which enables them to co-parent their son. "Over my dead body is my kid having a messy divorce in his life," she said. Adele's warm-up act at Friday night's gig was Gabrielle. She told the radio show that the singer was one of her inspirations growing up.

After choosing Gabrielle's track Dreams as one of her discs, Adele said: "I remember as a child I was mesmerised by her. I had conjunctivitis and the pharmacist said, 'Wear an eyepatch', and my mum sewed sequins on to be like Gabrielle." Hollywood star Tom Cruise was also among the star guests. While on stage, Adele said, "Happy 60th birthday to Maverick", and winked at the actor before starting her set. Tom and fellow actor Luke Evans watched Adele perform from the VIP section. After the concert, a cake was brought out and everyone gathered around Cruise to sing Happy Birthday. One onlooker said: "He looked totally chuffed."

— Daily Mirror

Ready for new hero in town?

MLA's son Zaid Khan seems to have all it takes to be a star

Zaid Khan, the son of Chamarajpet MLA BZ Zameer Ahmed Khan, is on cloud nine. The reason: Banaras, a pan-India movie, is set to release shortly. Zaid Khan and Tulu artiste Sonal Monteiro are the lead pair in this movie helmed by Kannada movie director Jayathirtha BV. Banaras is the first movie for Zaid Khan as a hero.

A song – Maaya Gange – was released recently at a function at a mall in the city. The lyrics to the song are penned by Dr V Nagendra Prasad and music is scored by Ajneesh Lokanath. It is sung by Armaan Malik for Kannada, Hindi, Tamil and Telugu versions while Hesham Abdul Wahad rendered it for the Malayalam version.

Appreciating the dedication of Khan during the shooting of Banaras, director Jayathirtha said he has the potential to become an artiste. "I can't make him a hero but it is the people who can make him a hero. Banaras is a mature love story," said Jayathirtha.

Khan said his father gave him everything but it is the audiences who have to promote him as a hero. "I learnt a lot from the artistes of this movie during the shooting. Director Jayathirtha helped me a lot. Sonal Monteiro is a wonderful heroine," said Zaid Khan. Sonal Monteiro said Banaras is special for her. "I have to thank director Jayathirtha for giving me an opportunity to act in this movie. I played the Dhani character in this movie. After the release of its motion poster, many people have asked me about this movie. Zaid Khan has acted well. I am grateful to the producer of this movie for this opportunity," said Sonal Monteiro. Nayana Raj, Devaraj, Sujay Shastry, Achyuth Kumar, and Barkat Ali are the other artistes in this movie. —Y Maheswara Reddy

Raveena tells trolls she knows what she's talking about

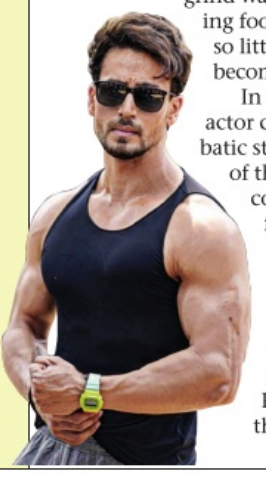
Raveena Tandon recently gave it back to trolls sharing her Mumbai public transport experience during the initial stages of her career. This came after one user on Twitter asked her what she knows about the struggle of the middle class in the city. It all started when Raveena shared her views on Maharashtra deputy chief minister Devendra Fadnavis' latest decision to shift the Metro 3 car shed back to the Aarey forest in Mumbai. The user tagged Dia Mirza and Raveena Tandon and asked, "Do elite @Deespeak @TandonRaveenaknow the struggle of middle class Mumbaikars?"

Raveena was quick to respond to the tweet claiming that was also harassed and pinched, like many women, while using public transport. "Teen years, travelled in locals/buses, got eve teased, pinched, and everything that most women go through, earned my first car in 92. Development is welcome, we have to be responsible, not only a project, but wherever we are cutting through are forests, to safeguard environment/wildlife."

She continued by adding that we all have struggled at some points in our lives, "Everyone's life is not a bed of roses. Everyone has struggled to reach somewhere. I'm sure you have a house/car too. The day heat waves/flooding/natural disasters strike, it'll effect the common man first. Elitists will be the first to run away to their Swiss chalet." Further, her tweet read, "All development is welcome. All one prays is that more is done to compensate for environmental loss/safeguarding of wildlife. India today prides herself with tiger count increase, but because of depleting forest road/rail kills of leopards and tigers are increasing." —ETimes

Tiger down memory lane

Bollywood actor Tiger Shroff, on Sunday, took a stroll down memory lane and shared a throwback reel video from his acrobatics training session. Taking to Instagram, the 'Baaghi' actor captioned the video, "Man the struggle and grind was real! Found some old training footage of little me with not so little dreams and my quest to become an action hero".



In the video, the 'Heropanti' actor can be seen performing acrobatic stunts under the supervision of the experts. The video is a combination of multiple clips from the actor's training days.

Fans flooded the comment section with heart and fire emoticons and appreciated the actor for his hard work. Hollywood actor, Mark Rhino Smith also appreciated the 'Flying Jatt' actor. –ANI